

# special offer!

## introduction to yoga

If you have ever wanted to start or re-awaken your yoga practice,

**NOW is the time!**

**January 22, 23, 24**

Taught and Assisted by  
Heather Tiddens and Denise Zaverdas

**January 29, 30, 31**

Taught and assisted by Teacher Trainees,  
supervised by Heather and Denise

**Friday**

7:00-8:45pm

**Saturday & Sunday**

2:00-4:00pm

**\$25\***

(reg. price \$65 each)

**\$35\***

for **ONE** weekend  
*(5.5 hours of instruction)*

for **BOTH** weekends  
*(11 hours of instruction)*

*\*pre-registration required for special prices - space is limited*

with



Heather Tiddens

*This is a uniquely supportive  
environment to learn yoga:*

**Lot's of individual  
attention and assistance!**

and



Denise Zaverdas

# SANTA BARBARA YOGA CENTER

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[www.SantaBarbaraYogaCenter.com](http://www.SantaBarbaraYogaCenter.com)